

# Psychiatric Residential Treatment

A psychiatric residential treatment facility is a licensed, community-based, and home-like facility with a maximum of nine beds which provides inpatient psychiatric residential treatment to residents age six (6) to twenty-one (21) years who have an emotional disability or severe emotional disability.

(Refer to <http://www.lrc.ky.gov/KRS/216B00/450.PDF> and <http://www.lrc.ky.gov/KRS/200-00/503.PDF>)

These psychiatric residential treatment programs provide inpatient treatment that provide a positive, supportive, and stable environment that enables the youth to work through the issues that led to hospitalization. Individualized treatment plans are developed based on a thorough assessment of the adolescent's needs.

Upon admission to a facility each youth will receive assessments that are evaluated by a physician. Recommendations for treatment are then discussed with the parent/guardian to assist in making an informed decision about treatment.

Traditional inpatient care is provided seven days a week with twenty four hour nursing care provided to the youth. Treatment may include:

- Developing self-control skills
- Strengthening self-esteem
- Developing basic social skills
- Medication management
- Individual and group therapy
- Resolving family conflicts
- Family therapy
- Activity therapy
- Education



# Substance Abuse Residential Treatment

Substance abuse residential treatment facilities treat youth for chemical dependency or addiction. The youth will go through a medical detoxification as well as stabilization and evaluation. The medical detoxification processes are designed to keep youth as comfortable as possible and engage them in the treatment process quickly to provide support and a sense of belonging.

Once a youth has completed detoxification, he or she will begin an inpatient alcohol and/or drug treatment program or dual diagnosis treatment for those with both chemical and psychiatric disorders. An individualized treatment plan will be created for your child that focuses on attainable short and long term goals established with the input of the youth, the youth's family, and the Department of Juvenile Justice.



Active family involvement in treatment is a critical component, as a youth's recovery is often connected to healthy family interaction. Treatment emphasizes learning relapse prevention skills, and the various methods used may include:

- Medication education and management
- Individual and group therapy
- Family therapy
- Disease and recovery education
- Integration of the 12-step philosophy and introduction to those support groups
- The development of life skills
- Recreation



## Kentucky Department of Juvenile Justice

## DJJ Contracted Out of Home Placements



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# Out-of-Home Placements

The Kentucky Department of Juvenile Justice contracts with several agencies throughout the state for out-of-home placement services. When a youth is determined to need an out-of-home placement, other than a DJJ facility, consideration is given to place the youth in the nearest alternative program that best meets the youth's needs. This helps the youth stay connected to his or her family with visits and counseling, as well as transition/aftercare services back to the youth's home, school, and community.



The youth may be allowed furloughs to assist in treatment and transition/aftercare planning.

Some youth are discharged home after completion of a contracted out-of-home program, while others may step down to another program.

The Department contracts with several types of out-of-home placements for youth:

- Therapeutic Foster Care
- Private Child Care
- Independent Living
- Psychiatric Residential Treatment Facility
- Substance Abuse Treatment Facility

# Therapeutic Foster Care

Therapeutic foster care is an out of home placement that provides twenty four hour care for a youth in the private home of a family or individual. The contracted foster care agency provides therapeutic and treatment services to foster parents and to the youth.



Placement in therapeutic foster care is an option for both boys and girls up to eighteen (18) years of age for status and public offenders, and up to twenty-one (21) years of age for sexual offenders.

There is a diverse population of youth in therapeutic foster care with a wide range of emotional and or behavioral problems including but not limited to:

- Status offenders
- Public offenders
- Abuse and neglect victims
- Depression
- Failed foster home placements
- Limited family resources
- Mild mental retardation
- Physical and verbal aggression
- Step-down from residential treatment

# Private Child Care

Private child care facilities are privately owned and operated agencies that provide residential services to youth that are dedicated to the support and counseling of the youth. Some of the services that private child care agencies provide are:

- Professional assessments to determine needs of each resident
- Individualized treatment planning and counseling
- Individual and group therapy based on needs assessment
- Substance abuse therapy
- Age-appropriate life skills
- Anger management
- Rule compliance and respect for others
- Educational training and motivation
- Family counseling
- Other services based on individual needs

# Independent Living

Some of the Private Child Care providers also offer Independent Living Programs. These programs may be offered to a youth with no other family supports or resources in order to start him/her on the way to independence.

An Independent Living Youth is provided intensive case management, counseling, mentoring, life skills training, education, job training, and job placement for the youth.

